

Swedish MeatballsR180

Number of Servings: 180 (179.53 g per serving)

Amount	Measure	Ingredient
37.20	lb	Beef, ground, hamburger, raw, 10% fat
5.00	qt	Bread Crumbs, plain
53.00	ea	Eggs, whole, raw, lrg
5.00	cup	Onion, white, fresh, chpd
5.00	qt	Soup, cream of mushroom, rduced sod, cond, cnd
5.00	qt	Water, municipal

Nutrients per serving

Nutrition Facts			
Serving Size 2 meatballs serving (180g)			
Servings Per Container			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 4.5g			23%
Trans Fat 0.5g			
Cholesterol 125mg			42%
Sodium 280mg			12%
Total Carbohydrate 11g			4%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 23g			
Vitamin A 2%		• Vitamin C 0%	
Calcium 4%		• Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

- * Bread crumbs, dry ground (above measurement) = 1# 8 oz bread, dried and ground
- * Each 4 eggs = ~1 cup

Combine ground beef, bread crumbs, eggs, & onions and mix on low speed until blended. Do not overmix. To make Swedish Meatballs use #16 scoop to portion amount to be made into meatballs. Place on single layer on baking pans and brown in hot oven at 400 degrees F for 15-20 minutes. Transfer to counter pans, 25 serv/pan.

Combine condensed cream of mushroom soup with hot water and pour over hot meatballs. Put back in 400 degree oven and TURN OVEN DOWN to 350 degrees F. Bake for 1 hour or until internal temperature is 180 degrees F.

Serve 2 Swedish Meatballs per serving with 1 to 2 oz (1/8 to 1/4 c.) soup gravy/serving.